

# Safe food, safe kitchens

Some foods need to be stored in the fridge or freezer to keep them fresh and safe to eat.

## Freezer

**Bread (3 months)**

**Raw meat (2–4 months)**

Place in the fridge the day before cooking to defrost.



**Frozen ice packs or water bottles** can be placed in school lunchboxes to keep food cold.

## Fridge

**Cheese, yoghurt**



**Food in jars and bottles**

Should be refrigerated after opening.



**Milk (5–7 days)**



*(Safe storage times are shown in brackets)*



**Margarine**

**Cooked foods (2–3 days)**

Cover and store in fridge.

**Meat (3–4 days)**

Store on the lowest shelf.

**Eggs (3–4 weeks)**

Foods made from milk or eggs should be kept cold.

**Fruit and vegetables**

**(3–4 days)** Store in the crisper.